



FREE
Nutrition and
Parenting Skills
Workshop Series

DATE: _____

TIME: _____

PLACE: _____

8 weeks of classes!



Join us!

- Reduce the stress of feeding your family!
- Help your children and family make better food choices!
- Prepare and taste delicious, nutritious foods!
- Share experiences and support each other!

Parents who complete the workshops
will receive a certificate from
Cornell University Cooperative Extension.



Cornell University Cooperative Extension
New York City